Summative Assessment: Clinical and Sociocultural Appraisal of Mental Disorders

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Clinical and Sociocultural Appraisal of Mental Disorders

Clinical and sociocultural appraisals of mental disorders are essential tools for mental health professionals. They help us to understand the context in which the disorder is present, intervening using evidence-based treatment. Clinical appraisals involve assessing the individual's clinical symptoms, course of the disorder, and interventions. Sociocultural appraisals involve examining the individual's social and cultural context and determining appropriate treatments based on these factors. Clinical and sociocultural appraisal are both essential components in the assessment and treatment of mental disorders, as outlined in the text Adult Psychopathology and Diagnosis by Beidel and Friueh (2018). The clinical appraisal looks at the individual's symptoms and diagnoses, while the sociocultural appraisal examines the individual's culture and environment. The two appraisals are integrated to provide an overall assessment of the person and to determine the most appropriate treatment. Some treatments may be more effective in one context than another, and it is important to consider both the individual and their environment when providing treatment. The clinical appraisal includes a review of the individual's medical history and current symptoms. This information is used to make a diagnosis and to develop a treatment plan. The clinician will also consider the individual's age, gender, and culture when developing the treatment plan. The sociocultural appraisal includes a review of the individual's culture and environment. This information is used to assess the individual's support system and to determine the most appropriate treatment. Some treatments may be more effective in one context than another.

Appraise the Sociocultural Factors Contributing to this Client's Depression and Anxiety

In this case, it is important to consider the sociocultural factors that are contributing to the client's depression and anxiety. These factors can include aspects of their environment, such as their family, friends, and community. Additionally, they may be affected by their cultural background and how their beliefs and values shape how they view themselves and their lives. It is important to explore how these factors may have contributed to the current feelings of depression and anxiety that the client is experiencing. By understanding the sociocultural factors, we can start to understand the client's overall experience and help them develop strategies for coping with their depression and anxiety.

We can use this knowledge to provide the client with the tools and support they need to make positive changes in their life and manage their depression and anxiety more effectively. This can also help identify any unmet needs that may be contributing to the client's feelings of depression and anxiety and help develop a plan to address those needs. In this way, we can assist the client in developing healthier coping strategies, improving communication with support systems, and work towards achieving better psychological wellbeing (Kornhaber, 2016). Depression and anxiety can be caused by a number of different factors, including biological, psychological, and sociocultural factors. This is especially true for clients who present with both symptoms. In order to properly appraise the sociocultural factors contributing to a client’s depression and anxiety, it is important to consider their specific context, including the environmental, cultural, and relational influences that may be affecting their mental health. For example, certain life events, such as the loss of a job, the death of a loved one, or a major life change can cause a person to experience high levels of stress, which can lead to

depression and anxiety. Similarly, people's beliefs about themselves, their relationships, and their environment can shape their mental health. For example, if a person believes that they are inadequate or not worthy, they may be more prone to depression and anxiety. Additionally, sociocultural factors can also include cultural norms which may limit a person's access to resources or limit their ability to express themselves, both of which can be sources of distress. Thus, in order to effectively assess and treat a client's depression and anxiety, it is important to consider the broader sociocultural context (Kornhaber, 2016). Understanding the client's individual experiences and beliefs, as well as their cultural and relational environment, can provide important insights into their mental health and can help guide interventions that are tailored to the individual and their unique circumstances.

Discuss How the Therapist in the case study Addressed these Sociocultural Factors Throughout the Course of Therapy.

The case study of Faber and Lee discusses how a cognitive-behavioral therapy (CBT) approach was utilized to treat a refugee mother with depression and anxiety. During the course of therapy, the therapist focused on the sociocultural factors that were influencing her condition. This included her feelings of guilt and inferiority due to her history of trauma, as well as her fear of being unable to provide for her family. The therapist addressed these sociocultural factors by first providing her with an empathetic yet firm environment to discuss her feelings. This allowed her to express her emotions without feeling judged or ashamed. By normalizing her experience, the therapist also helped her to gain insight and feel more comfortable working through the issues she faced. The therapist also helped her to challenge her negative cognitive beliefs by

guiding her through effective cognitive restructuring techniques. This helped her to recognize and replace distressing thoughts with more helpful ones. In addition, the therapist also taught her relaxation and mindfulness techniques to help her manage her anxiety and manage her overwhelming emotions. Finally, the therapist addressed her feelings of guilt by exploring her values and helping her to understand how her culture defines success. This allowed her to recognize that her perceptions were influenced by her culture and to understand how she could move forward in life without feeling ashamed. Overall, the therapist's approach in the case study demonstrates how important it is to consider sociocultural factors when treating individuals with depression and anxiety. By providing an empathetic environment, teaching effective cognitive restructuring techniques, and exploring cultural expectations, the therapist was able to help the refugee mother to work through her issues and find relief.

Evaluate How the Therapist Applies Clinical Concepts, such as Cognitive Errors and Cognitive Restructuring, as Treatment Tools, Without Imposing Their Own Sociocultural Values or Beliefs on the Client

Therapists often use clinical concepts such as cognitive errors and cognitive restructuring to help treat clients. It is important for therapists to apply these concepts without imposing their own sociocultural values or beliefs on the client. For example, Faber & Lee (2020) conducted a study on a refugee mother with depression and anxiety. In their study, the therapist used cognitive-behavioral therapy to help the client. The therapist utilized cognitive errors and cognitive restructuring as treatment tools, without imposing his or her own point of view. This allowed the client to explore her experience from her own perspective and beliefs. It is important for therapists to be aware of their

own biases and to remain neutral when applying clinical concepts. It is also important for therapists to be mindful of the need for cultural sensitivity. The therapist should be genuinely interested in the client's perspective and should not impose their own values or beliefs. By doing so, the therapist can help create an environment that is conducive to healing and growth.

What do you Believe were the Contributory Factors to the Successful Outcomes of this Clinical Case?

Successful outcomes of clinical cases are often due to a combination of factors. In the case of Faber and Lee's (2020) Cognitive-Behavioral Therapy for a Refugee Mother with Depression and Anxiety, there were several key contributory factors that led to this successful outcome. Firstly, the therapist and patient had a positive working relationship and trust, which was established early on through the therapeutic alliance. Additionally, the therapist incorporated interventions that were tailored to the patient's individual needs and experiences, such as the use of mindfulness and relaxation techniques. Furthermore, the therapist provided a safe and supportive environment to encourage open discussion, which helped the patient to process her thoughts and feelings. Finally, the patient had her own personal motivation to work on her issues, which helped her to maintain consistent participation. These factors, when combined, enabled the patient to make significant progress during the treatment and achieve successful outcomes.

Conclusion

These factors can include aspects of their environment, such as their family, friends, and community. It is important to explore how these factors may have contributed to the current feelings of depression and anxiety that the client is experiencing. This included her feelings of

guilt and inferiority due to her history of trauma, as well as her fear of being unable to provide for her family.

References

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